



Origin Point Therapy
Green Team Volunteers



Laughter Yoga
for Health, Happiness, & Harmony

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*“ To laugh often and much;
to win the respect of intelligent people
and the affection of children...
to leave the world a better place...*

*To know one life has breathed easier
because you have lived.*

This is to have succeeded.”



Ralph Waldo Emerson



ĀROGYA PARAMĀ LĀBHĀ
Health Is The Highest Gain

SANTUṬṬHĪ PARAMAṂ DHANAṂ
Contentment Is The Greatest Asset

VISSĀSA PARAMĀ ÑĀTĪ
The Trustworthy Are The Best
Kinsmen

NIBBĀNAṂ PARAMAṂ SUKHAṂ
Nibbana Is The Supreme Bliss

(Dhammapada Verse 204)

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WHAT IS LAUGHTER THERAPY?

- Laughter Therapy is **not about laughing**:
 - **Breathing** – improve natural oxygen intake;
 - Exercising the **diaphragm** – release **good hormones**;
 - Activating Parasympathetic Nervous System;
(“**Relaxation Response**”)
 - Non-strenuous aerobic & cardio-vascular **workout**;
 - Cultivating **attention** and **awareness** (mindfulness);
 - Strengthening the **immune system**.

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GROUP LAUGHTER THERAPY



- Laughter Yoga as a group exercise:
 - Promotes **selfless** interaction;
 - Forges human-to-human **bonding**;
 - Encourages **humility**;
 - Enhances **empathy**;
 - Improves interpersonal **relationships**;
 - Breaking down **inhibitions**;
 - Cultivating **non-judgmental** mind;
 - Living **in the moment**.

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LAUGHTER THERAPY

for health, happiness & harmony




LAUGHTER YOGA CONCEPT

- 6 key points




LAUGHTER YOGA CONCEPT




1. Laughter Yoga is a unique concept where:

- Anyone can laugh for no reason;
- Does not rely on humor, jokes or comedy.

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LAUGHTER YOGA CONCEPT




2. Initiated as a group exercise:

- With eye contact;
- Childlike playfulness;
- Turns into real & contagious laughter.

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LAUGHTER YOGA CONCEPT




3. Reason we call it “Laughter Yoga”:

- Combines laughter exercises with yoga deep breathing;
- Brings more oxygen to the body and brain;
- One feels more energetic and healthy.

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LAUGHTER YOGA CONCEPT




4. Concept of Laughter Yoga is based on:

- Scientific fact that the brain & body cannot differentiate between fake and real laughter if done with willingness;
- One derives the same physiological and psychological benefits.

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LAUGHTER YOGA STORY




5. Started in 1995 in a Mumbai Park:

- By medical doctor Dr. Madan Kataria;
- Originally with 5 persons;
- Spread to 105 countries with thousands of laughter yoga clubs.

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ENRICHED LAUGHTER THERAPY



6. Enriched versions of Laughter Therapy:

- Localized initiatives provide added value;
 - Mindfulness Based Emotional Composure;
 - "LAUGHTERAPY"
 - Pinoy Laughter Yoga;
 - Laughter Wellness;
- ...and more!





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WHY LAUGHTER YOGA?
- 3 reasons




WHY LAUGHTER YOGA?




1. In order to derive scientifically proven health benefits:

- We need to laugh for at least for **10 to 15 minutes** continuously;
- When Laughter done as an **exercise**, we can prolong our laughter as long as we want;
- Natural laughter comes for just a few seconds here and there – not enough to generate and sustain physiological and biochemical changes in the body.

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WHY LAUGHTER YOGA?




2. To reap the health benefits of laughter:


- Laughter has to be **loud and deep** coming from the **diaphragm**;
- Should be **hearty belly laughs**.

✓ It may not be socially acceptable to laugh loudly in public, so **Laughter Yoga Clubs** provide a safe and convenient environment where one can laugh loudly and heartily without any social implication or distraction.

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WHY LAUGHTER YOGA?



3. Natural laughter is infrequent & sporadic, depends on circumstances:


- In Laughter Yoga clubs we are not leaving laughter to chance;
- Doing it out of commitment;
- Guaranteed way of getting the health benefits of laughter.

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**6 BENEFITS OF
LAUGHTER YOGA
(GENERAL)**





1. ELEVATES MOOD



- Laughter Yoga can change your mood within minutes by stimulating release of endorphins and other good hormones and carried around your body through the blood stream;
- This makes you feel good, and if you are in a good mood you do everything well;
- It makes you cheerful all throughout the day.



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2. HEALTH BENEFITS

- Laughter Yoga reduces stress and strengthens the immune system;
- If your immune system is strong you will not fall sick easily;
- And if you have chronic health conditions, it will help to heal faster.


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3. PRODUCTIVITY BENEFITS

- Our brain needs 25 % more oxygen for optimal performance;
- Laughter exercises easily increases net supply of oxygen to our body and brain which helps to improve efficiency and performance;
- You will feel more energetic, and can work more effectively than you normally do without getting tired or lethargic.

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4. SOCIAL BENEFITS




- Quality of life depends upon quality of our friends and our relationships;
- Laughter is a great connector of people and brings lots of good friends with caring and sharing relationships;
- Promotes fellowship and sense of belonging.

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5. LAUGH THROUGH CHALLENGES



- Anyone can laugh when times are good, but Laughter Yoga teaches people to laugh unreservedly and unconditionally so they can laugh even when times are challenging.
- It provides strength and confidence in adversity;
- It is a coping mechanism to help people keep a positive mental attitude regardless of the circumstances.

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6. SPIRITUAL BENEFITS



- Promotes selfless interactions;
- Forges people bonding and humility;
- Breaks down inhibition and reduces judgment;
- Cultivating attention and awareness;
- Living in the moment.

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LAUGHTER YOGA



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BENEFITS OF LAUGHTER YOGA FOR SENIORS



BENEFITS FOR SENIORS

1. Adds More Laughter To Life - something to look forward to;
2. Promotes Physical Health - strengthen body immune system;
3. Supports Good Mental Health - lessen risk of aging diseases;
4. Increased Social Connection - fellowship and sense of belonging;
5. Laughter Yoga Adds To Longevity - purposeful life activity.

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BENEFITS OF LAUGHTER YOGA FOR CHILDREN



BENEFITS FOR CHILDREN



1. Promotes Healthy Emotional Development
2. Increases Academic Performance
3. Builds Physical Stamina
4. Develops Self-Confidence
5. Enhances Creativity

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Laughter Yoga Session – 4 Steps:

1. Clapping and Warming-up Exercises;
2. Deep Breathing Exercises;
3. Childlike Playfulness;
4. Laughter Exercises.